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Subject: ALARACT 075/2007
Importance: Low

PRECEDENCE TO: ROUTINE DTG: 171414Z APR 07
PRECEDENCE CC: ROUTINE
TYPE: DMS SIGNED/ENCRYPTED
FROM PLA: PTC WASHINGTON DC//ALARACT//
FROM D/N: C:US,O:U.S. Government,OU:DoD,OU:ARMY,OU:Organizations,
L:CONUS,L:WASHINGTON DC,OU:DA PENTAGON
TELECOMMUNICATIONS(uc),OU:ALARACT RELEASE AUTHORITY(UC)
SUBJECT: ALARACT 075/2007
TEXT:

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF
DA WASHINGTON DC//DAMO-TR//.

SUBJECT: PHYSICAL FITNESS AND HEIGHT AND WEIGHT REQUIREMENTS FOR INSTITUTIONAL
TRAINING

1. REFERENCES:

- A. ARMY REGULATION 350-1, DATED 13 JANUARY 2006, ARMY TRAINING AND LEADER DEVELOPMENT.
- B. ARMY REGULATION 600-9, DATED 27 NOVEMBER 2006, THE ARMY WEIGHT CONTROL PROGRAM.
- C. ARMY REGULATION 600-8-2, DATED 23 DECEMBER 2004, SUSPENSION OF FAVORABLE PERSONNEL ACTIONS (FLAGS).
- D. ARMY REGULATION 623-3, DATED 15 MAY 2006, EVALUATION REPORTING SYSTEM.
- E. MEMORANDUM, HQDA, DAMO-TRL, 10 AUGUST 2006, SUBJECT: PHYSICAL FITNESS AND HEIGHT AND WEIGHT REQUIREMENTS FOR MILITARY INSTITUTIONAL TRAINING.
- F. TRADOC REGULATION 350-6, DATED 30 DECEMBER 2005, ENLISTED INITIAL ENTRY TRAINING POLICIES AND ADMINISTRATION.
- G. MESSAGE, HQDA, DTG 0610301256Z, SUBJ: THE ARMY WEIGHT CONTROL PROGRAM.

2. REF 1. E. IS RESCINDED EFFECTIVE 1 APRIL 2007.

3. THIS MESSAGE AMENDS THE ARMY'S POLICY CONCERNING THE ARMY PHYSICAL FITNESS TEST (APFT) AND HEIGHT/WEIGHT STANDARDS APPLICABLE TO INSTITUTIONAL TRAINING ARTICULATED IN REF 1. A. SOLDIERS ATTENDING INSTITUTIONAL TRAINING COURSES (INCLUDING OES, WOES, NCOES AND FUNCTIONAL COURSES) ARE STILL EXPECTED TO MEET THE PHYSICAL FITNESS STANDARDS OF REF 1. A. AND THE HEIGHT/WEIGHT STANDARDS IAW REF 1. B. THIS REVISED POLICY SUPPORTS ARMY INSTITUTIONAL TRAINING TO SUSTAIN ARMY REQUIREMENTS IN SUPPORT OF THE GLOBAL WAR ON TERROR WITHOUT COMPROMISING ARMY STANDARDS FOR PHYSICAL FITNESS AND WEIGHT CONTROL.

4. THE FOLLOWING POLICY IS EFFECTIVE 1 APRIL 2007:

A. SOLDIERS FLAGGED FOR WEIGHT CONTROL OR APFT FAILURE WILL NOT BE SELECTED, SCHEDULED, OR ATTEND INSTITUTIONAL TRAINING. ONCE SOLDIERS MEET STANDARDS, THEY WILL BE CONSIDERED ELIGIBLE FOR MILITARY SCHOOLS AND INSTITUTIONAL TRAINING COURSES.

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B. SOLDIERS ATTENDING, IN EITHER A PCS OR TDY STATUS, MILITARY SCHOOLS AND INSTITUTIONAL TRAINING COURSES WHICH REQUIRE PREPARATION OF A DA FORM 1059 (SERVICE SCHOOL ACADEMIC EVALUATION REPORT) WILL BE ADMINISTERED THE APFT AND HEIGHT/WEIGHT SCREENING AS A MANDATORY COURSE REQUIREMENT.

(1) ONE RETEST AND/OR SCREENING IS ALLOWED. IT WILL BE ADMINISTERED NO EARLIER THAN SEVEN DAYS AFTER THE INITIAL APFT FAILURE AND/OR FAILING TO MEET HEIGHT/WEIGHT STANDARDS.

(2) SOLDIERS WHO MEET ACADEMIC COURSE REQUIREMENTS, BUT FAIL TO MEET THE PHYSICAL FITNESS AND HEIGHT/WEIGHT STANDARDS WILL NOT BE REMOVED FROM THE COURSE, NOR WILL THEY BE REQUIRED TO RE-ATTEND THE COURSE IF ALL OTHER COURSE REQUIREMENTS ARE MET. INSTEAD, SOLDIERS WILL COMPLETE TRAINING AND THEIR DA FORM 1059 WILL BE ANNOTATED TO REFLECT THEIR PERFORMANCE.

(A) SOLDIERS WHO FAIL TO MEET THE APFT STANDARDS WILL BE CONSIDERED AN ACADEMIC COURSE GRADUATE, BUT ITEM 11.C OF THEIR DA FORM 1059 WILL BE MARKED MARGINALLY ACHIEVED COURSE STANDARDS AND ITEM 14 WILL BE MARKED FAILED TO MEET APFT STANDARDS.

(B) SOLDIERS WHO FAIL TO MEET THE BODY FAT COMPOSITION STANDARDS OF AR 600-9 WILL BE CONSIDERED AN ACADEMIC COURSE GRADUATE, BUT ITEM 11.C. OF THEIR DA FORM 1059 BE MARKED MARGINALLY ACHIEVED COURSE STANDARDS AND ITEM 14 WILL BE MARKED FAILED TO MEET BODY FAT COMPOSITION STANDARDS.

(C) SOLDIERS WHO FAIL TO MEET THE ARMY STANDARDS FOR BOTH THE APFT AND BODY FAT COMPOSITION WILL BE CONSIDERED AN ACADEMIC COURSE GRADUATE, BUT ITEM 11.C OF THEIR DA FORM 1059 WILL BE MARKED MARGINALLY ACHIEVED COURSE STANDARDS AND ITEM 14 WILL BE MARKED FAILED TO MEET APFT STANDARDS AND FAILED TO MEET BODY FAT COMPOSITION STANDARDS.

C. FOR SOLDIERS WHO FAIL TO MEET THE APFT AND WEIGHT CONTROL STANDARDS, THEIR DA FORM 1059 AND GRADUATION CERTIFICATE WILL NOT BE HELD AT THE INSTITUTION. PREVIOUSLY HELD DA FORM 1059s AND GRADUATION CERTIFICATES WILL BE RELEASED TO THE SOLDIER'S UNIT IAW THIS MESSAGE. UNIT COMMANDERS/COMMAND SERGEANTS MAJOR ARE EXPECTED TO COUNSEL SOLDIERS AND TAKE APPROPRIATE ACTIONS TO CORRECT DEFICIENCIES FOR ALL SOLDIERS FAILING THE APFT AND/OR HEIGHT/WEIGHT STANDARDS AT INSTITUTIONAL TRAINING.

D. SOLDIERS ENROLLED IN INSTITUTIONAL TRAINING COURSES FROM 10 AUGUST 2006 TO 30 SEPTEMBER 2006 AND WHO FAILED THE APFT RETEST OR HEIGHT/WEIGHT STANDARDS WILL BE GRANDFATHERED AND WILL HAVE THEIR DA FORM 1059 MARKED MARGINALLY ACHIEVED COURSE STANDARDS. SOLDIERS ENROLLED IN INSTITUTIONAL TRAINING COURSES FROM 2 OCTOBER 2006 TO 31 MARCH 2007 WHO FAILED THE APFT RETEST OR HEIGHT/WEIGHT STANDARDS WILL HAVE THEIR DA FORM 1059 MARKED AS HAVING ACHIEVED COURSE STANDARDS, IAW REF 1. G., WHICH GRANTED A SIX MONTH PERIOD OF NO ADVERSE PERSONNEL ACTIONS ON SOLDIERS ENROLLED IN SCHOOLS.

5. IN SUPPORT OF THIS REVISED POLICY, THE FOLLOWING PARAGRAPHS WITHIN AR 350-1 ARE RESCINDED:

A. PARAGRAPH 3-9, TITLED PHYSICAL FITNESS AND HEIGHT AND WEIGHT REQUIREMENTS FOR MILITARY INSTITUTIONAL TRAINING, SUBPARAGRAPHS A, B, D, G, H, AND I.

B. PARAGRAPH 3-10, TITLED ENROLLMENT DENIALS FOR FAILURE TO MEET HEIGHT AND WEIGHT REQUIREMENTS AND NONACADEMIC DISMISSAL FOR FAILURE TO MEET ARMY PHYSICAL FITNESS STANDARD.

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C. PARAGRAPH 3-18, TITLED STUDENT DISMISSAL, SUBPARAGRAPHS B (4) AND F (3) THAT REFER TO FAILURE TO PASS APFT AND/OR MAINTAIN BODY COMPOSITION FAT STANDARDS.

6. IAW REF 1. F., THE POLICY ADJUSTMENTS IN THIS MESSAGE DO NOT APPLY TO INITIAL MILITARY TRAINING, DUTY MILITARY OCCUPATIONAL SPECIALTY QUALIFICATION TRAINING, AND SOLDIERS ATTENDING RECLASSIFICATION TRAINING. FOR OFFICERS, INITIAL MILITARY TRAINING CONSISTS OF BOLC I (OCS, WOCS, ROTC, AND UNITED STATES MILITARY ACADEMY) THROUGH THE COMPLETION OF BOLC III (OBC/WOBC). FOR ENLISTED SOLDIERS, INITIAL MILITARY TRAINING CONSISTS OF OSUT OR BCT AND AIT.

7. POLICY CHANGES ARTICULATED IN THIS MESSAGE WILL BE INCORPORATED IN THE NEXT CHANGE OF AR 350-1.

8. THE HQDA POC FOR THIS MESSAGE IS
MR. RONALD SCHEXNAYDER AT EMAIL: SCHEXRA@HQDA.ARMY.MIL OR
SGM BERT VAUGHAN AT EMAIL: BERTRAM.VAUGHAN@HQDA.ARMY.MIL

9. EXPIRATION DATE CANNOT BE DETERMINED AT THIS TIME.

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ORIGINAL TO RECIPIENTS:

C:US,O:U.S. GOVERNMENT,OU:DOD,OU:ARMY,OU:ORGANIZATIONS,OU:ADDRESS
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